

THE 19TH ANNUAL ASIAN AMERICAN MENTAL HEALTH CONFERENCE FOCUSES ON STRATEGIES FOR ANGER AND VIOLENCE

By Kathleen Piché, L.C.S.W., Public Affairs Director



Thanks to all who helped make this conference possible. Pictured are (left to right): Herman DeBose, Larry Gasco (LA County Commissioners), Lisa Song, Richard Lieberman, Lan Nguyen-Chawkins, Stephen Cheung, Freda Cheung, Ira Lesser, Jason Huang, Karen Lee, Mitsuru Kubota, Scott Hanada, Sam Keo and Silvia Yan (planning committee and presenters).

The Consortium on Asian American Mental Health Training presented *Anger & Violence: Strategies for Assessment and Intervention* on Friday, October 11, 2013, in Alhambra. The one-day training provided mental health professionals, students/trainees, consumers and their family members an opportunity to learn about coping with anger and violence in various settings.

Goals included: application of better communication and culturally appropriate strategies with Asian American consumers who are confronted with anger and violence in their personal life, family relationships and school-settings, identify challenges and apply specific strategies to help improve functioning and build connections/flexibility in Asian American families and address issues pertaining to consequences of violence in school-settings.

Welcoming the crowd of over 200 was Freda Cheung, Ph.D., Conference Chair, Cathy Warner, L.C.S.W., Deputy Director, Adult System of Care, LACDMH, Dennis Murata, M.S.W., Program Support Bureau, LACDMH and Ira Lesser, M.D., Chair, Department of Psychiatry, UCLA.

The morning plenary speaker was Christopher K. Chung, M.D., a graduate of the College of Medicine, Seoul National University in Korea. Dr. Chung is currently the Medical Director for the LA County Department of Mental Health Full Service Partnership/Field Capable Clinical Services program at Harbor UCLA Medical Center and is a Clinical Professor in the Department of Psychiatry and Biobehavioral Sciences at the Geffen School of Medicine at UCLA. Dr. Chung has studied anger and its manifestations from a cross-cultural perspective, including the syndrome of *Hwabyung* (*anger disease*.) In his book "Korean Portrait" (in Korean), he writes about the conceptualization and manifestations of repressed anger and chronic accumulated anger (*Hahn and Jeong*).

The afternoon sessions included workshops on anger management from a Cognitive Behavioral Treatment-Mindfulness approach from SiangYang Tang, Ph.D.; School Crisis Prevention and Intervention from renowned Richard Lieberman, M.A., LEP, NCSP, LACOE (well known for his work in suicide intervention and prevention); and Intergenerational Familial Violence from Lan Nguyen-Chawkins, Ph.D., Asian Pacific Counseling Treatment Centers.

Jeffrey Cugno, Special FBI Agent, was scheduled to be the second plenary speaker but, due to the recent Federal Government Shut Down, was unable to attend.